

Supplemental Appendix A: Dietary and Lifestyle Survey

DIETARY AND LIFE STYLE SURVEY

DATE of Survey: _____

Patent ID: _____ Dialysis Shift: MWF1 MWF2 MWF3 MWF4 TTS1 TTS2 TTS3 TTS4

1. Age _____

2. Years of education: _____

Did not complete high school Y N Completed high school Y N

College diploma Y N Graduate degree Y N

3. Weight _____ Height: _____ BMI: _____

4. Average sun exposure during the summer time:

Number of days per week when you spend more than 15min outside _____

Daily sun exposure:

How many days per week your sun exposure is 15-60min? _____

1-3 hours? _____

4-6 hours? _____

>7 hours? _____

5. Average sun exposure during the winter time:

- Number of days per week when you spend more than 15min outside _____

How many days per week your sun exposure is 15-60min? _____

1-3 hours? _____

4-6 hours? _____

>7 hours? _____

6. Do you suntan/sunbathe? Y N

How many days per year? _____ How many hours per day? _____

7. Do you ever use sun screen? Y N

8. Frequency of sun screen use? Choose all that apply:

Every day prior to going outside Y N

Use make-up with sunscreen daily Y N

Only when suntan Y N

How many hours per week? _____ Never

9. Do you take vitamin D supplements: Y N Which ones? _____

10. Do you take vitamins (circle that applies): Multivitamin Renal Vitamin

11. Do you take any of the following medications or supplements?


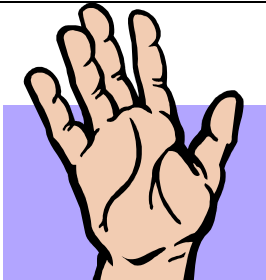
- Antacids (Tums, Mylanta, Zantac, Pepcid, Prilosec, Nexium, Protonix, Cimetidine/Tagamet)
- Cholestyramine or Colestipol
- Sevelamer (Renagel, Renvela)
- Oil supplements
- Herbal supplements


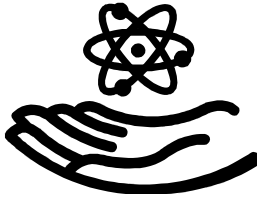
12. Do you suffer from malabsorption (have diarrhea) due to (circle all that apply):

pancreatic insufficiency celiac disease Crohn's disease
 short gut syndrome bowel resection (cholestatic) liver disease?

13. Have you undergone gastric bypass surgery? Y N

14. Please indicate the number of servings of the following Food Items high in Vitamin D:

Food Item	Amount per serving	# servings per week	Examples of servings' size
Fish & Seafood			Deck of cards = 3oz of fish
Herring, Atlantic	3 ounces		
Herring, pickled	3 ounces		
Fresh wild Salmon (cooked)	3 ounces		
Fresh farmed Salmon(cooked)	3 ounces		
Salmon, canned	3 ounces		
Halibut	3 ounces		Palm of adult hand= 3 oz of fish
Catfish	3 ounces		
Tilapia	3 ounces		
Mackerel, cooked	3 ounces		
Cod, baked/broiled	3 ounces		
Shrimp	3 oz, 6-9 shrimps		

Tuna, canned in oil	1 can =6 ounces		
Tuna, canned in water	1 can =6 oz		
Canned Sardines	1 can = 6 oz		
Cod oil	1 teaspoon		
Sushi roll (with fish/seafood)	1 roll		
MILK PRODUCTS			8oz glass of juice
Any % Milk	1 glass = 8 oz		
Yogurt, regular or light	1 container = 6 oz		
Margarine/BUTTER	1 tablespoon		
Cheese (Swiss, cheddar)	1 slice = 1 ounce		
Any Soymilk	1 glass = 8 oz		
BREAD & CEREAL			
Any Cereal	1 cup (25–30 gm)		
FRUITS			
Orange juice	1 glass = 8 oz		
POULTRY			
Eggs	1 large egg		Cupped hand = 2 ounces of dry goods
Miscellaneous			
Sliced Shiitake mushrooms	½ cup = 4 ounces		
Shiitake mushrooms, sun-dried	2 ounces		

Survey administered by _____ (name of the research staff)

Month	Number of Patients Recruited/Tested	Median (IQR) 25[OH]D level
January	6	15.85 (11.80)
February	7	19.50 (9.60)
March	5	21.00 (23.00)
June	1	11.5
July	3	12.40
August	10	17.55 (8.93)
September	6	7.75 (6.20)
October	9	12.40 (7.75)
November	2	26.40
December	9	12.90 (5.85)

Table S1: Months of Vitamin D testing and median 25 [OH] D levels of patients tested in those months